

No Body

COPPER KNOB
STEPSHETS

拍數: 28 牆數: 4 級數: Beginner
編舞者: Kitty Russell (USA) - March 2023
音樂: No Body - Blake Shelton



(start at vocals) right lead

KICK-BALL-CHANGE X2

1&2 Kick R forward (1), step on ball of R while raising L (&), step L (2)
3&4 Kick R foot forward (3), step on ball of R while raising L (&), step L (4)

TRIPLE UP X2

5&6 Triple step R (5), L (&), R (6) forward
7&8 Triple step L (7), R (&), L (8) forward

ROCK UP, BACK

1-2 Rock R forward (1), recover on L (2)

TRIPLE BACK X2

3&4 Triple step R (3), L (&), R (4) back
5&6 Triple step L (5), R (&), L (6) back

ROCK BACK, UP

7-8 Rock R back (7), recover on L (8)

JAZZ BOX 1/4 R

1-4 Cross R over L (1), step L back w/ 1/4 turn right (2), step R to right side (3), step L across R (4) (3:00)

LINDY RIGHT, LINDY LEFT

5&6, 7-8 Triple step R (5), L (&), R (6) to right, rock L back (7), recover R (8)
1&2, 3-4 Triple step L (1), R (&), L (2) to left, rock R back (3), recover L (4)

Restart
